

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

July 2025

Marion Edition - Monthly

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HEAT CAN WORSEN
YOUR NECK AND
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ESSENTIAL UV PROTECTION
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**MINDFULNESS
IN PILATES AND
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LIVING WITH ECZEMA

NEW RESEARCH OFFERS HOPE
THROUGH THE KGCD STUDY

**CANCER AND
HEART DISEASE
PREVENTION**

EARLY DETECTION CAN
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The persons depicted in this advertisement are models and the images are being used for illustrative purposes only.

KGCD is a clinical research study from Eli Lilly and Company. This study will test an **investigational medicine** to see if it can help treat eczema on the hands or feet. This skin condition is also called atopic hand and foot dermatitis.

An **investigational medicine** is one that is being tested in a clinical research study.

Who can join?

This study is for adults and young people

- aged 12 years or older
- with general atopic dermatitis (eczema), and
- with atopic hand or foot dermatitis for more than 1 year.

If you decide to join this study, you will need to follow a specific skincare routine. The study doctor can give you more details.

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For more information:



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CANCER AND HEART DISEASE PREVENTION: Early Detection Can Save Your Life

By Martin Gramatica

Taking control of your health means staying ahead of potential problems before they become life-threatening crises. Cancer and heart disease remain the leading causes of death worldwide, but the good news is that early detection through advanced screening technology can dramatically improve outcomes and save lives. CT early detection body scans represent a revolutionary approach to preventive healthcare, offering a comprehensive view of your body's current state and potential health risks.

The Power of Early Detection

Traditional healthcare often operates on a reactive model—addressing symptoms after they appear. However, many serious conditions, including various cancers and cardiovascular diseases, can develop silently for years without obvious symptoms. By the time warning signs emerge, the disease may have progressed to advanced stages where treatment options become more limited and less effective.

CT early detection body scans flip this approach on its head, providing a proactive window into your health. These sophisticated imaging techniques can identify abnormalities, growths, blockages, and other concerning changes long before they would typically manifest as noticeable symptoms. This early intervention window is often the difference between a manageable health condition and a medical emergency.

Why Consider ClearView CT Scanning?

Unexplained Symptoms: Have you been experiencing persistent discomfort, unusual fatigue, or concerning changes in your body that your regular doctor hasn't been able to explain? For unexplained pains or symptoms that evade diagnosis, ClearView can offer crucial clues or provide additional peace of mind. Sometimes the answers we seek aren't visible through standard examinations, but advanced imaging can reveal what's happening beneath the surface.

Genetic and Family History: Your family's medical history significantly affects your personal health risks. If cancer, heart disease, or other serious conditions run in your family, you're statistically more likely to develop these same issues. A ClearView scan can help you keep a vigilant eye on conditions you may be particularly worried about, allowing you to monitor your body for early signs of inherited health risks.

Proactive Health Mindset: Perhaps most importantly, regular CT scans support a proactive approach to healthcare. With consistent scanning over time, medical professionals can track subtle changes in your body's condition. This longitudinal view means they can detect unusual developments early, significantly increasing the chances of effective treatment and positive outcomes.

Beyond Detection: Peace of Mind

The psychological benefits of early detection screening shouldn't be underestimated. Uncertainty about your health can create ongoing stress and anxiety that affects your quality of life. Whether scans reveal everything is normal or identify areas requiring attention, you'll have concrete information to guide your healthcare decisions and reduce worry about unknown health risks.

Early detection through CT scanning represents an investment in your future health and well-being. By identifying potential problems before they become crises, you're giving yourself the best possible chance for successful treatment and long-term health.

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MARTIN GRAMATICA
Super Bowl Champion

From Super Bowl Champion to Health Advocate, Martin Gramatica traded his NFL cleats for a mission to help others stay healthy and active. The former Tampa Bay Buccaneers kicker, who helped bring home a Super Bowl championship in 2003, spent 10 years in the National Football League with five of those seasons in Tampa Bay.

Now co-founder of ClearView Imaging Center in The Villages, Gramatica applies the same precision and dedication that made him successful on the field to promoting early health detection. His athletic background gives him unique insight into body awareness and proactive health management.

"As an athlete, I would know every little pain in my body when I played because it mattered," Gramatica explains. "This is being proactive to stay healthy for yourself and your family."

His transition from professional sports to healthcare advocacy stems from a desire to make a meaningful impact beyond football. "I never thought I would end up doing anything that could help save somebody's life," he reflects. "I think my kicking career probably hurt some people's hearts - if I made or missed a kick - but now we are helping them all."

Gramatica's passion for The Villages community drives his commitment to bringing advanced imaging technology to residents who want to stay active and enjoy their retirement years to the fullest.

When Someone Tells You They Have Cancer

When we are shocked by unexpected news, it takes a bit of time to process our thoughts and feelings. We often go into a fight-or-flight or freeze-type response. This often does not allow for the best responses to be expressed.

It can be difficult to know the right thing to say when a friend or loved one tells you they have cancer. Most likely, they are adjusting to the news and feeling stress, confusion, anger, fear, sadness, worry, uncertainty, disappointment and discouragement all at the same time.

The following is a list of some **unhelpful** responses to someone who has shared with you that they have cancer:

- I know just how you feel.
- I know just what you should do.
- I know someone who had the same diagnosis.
- Don't worry.
- I'm sure you'll be fine.
- You're strong, and you can beat this.
- How long do you have?
- I could never go through what you're going through.
- I don't know how you deal with this.

These unhelpful responses can cause the person to feel dismissed and minimized or like they need to put a brave face on for you and everyone else in their life. They may begin to feel alienated or as if they will be a burden. Telling a person how they should feel or what they are not doing enough of can cause them to feel misunderstood and devalued.

Many people navigating cancer need time to process the details of their diagnosis; hearing someone tell them what they should or should not be doing is discouraging. Unhelpful responses can be seen as judgmental, uncaring, flippant and out of touch. The best way to encourage someone is to give them hope.

Helpful responses include:

- I care for you, and I'm here for you.
- I'm sorry to hear that you are going through this.
- If you want to talk, I'm here to listen.
- I'm not sure what to say, but I want you to know I care.
- I can hear it has been hard for you to share this. Thank you for sharing with me.
- You've been going through a tough time.
- I know you are still figuring things out and learning what you need. Please let me know how I can help.
- I will keep you in my thoughts.
- I will be here for you through this.

These helpful responses are authentic. They show that you may not have the perfect words to say but that you are present and care for them. These responses help to reassure a person that they do not need to hold in their emotions and that you are a safe place for them. Additionally, do not reject or abandon them or distance yourself. It leaves the person feeling isolated, alienated and alone.

Follow up is key and shows you care. When your friend or loved one tells you they have cancer, follow up with them, at least in one to two weeks after they tell you. If you promise to call, be sure to call. If you promise to text, make sure you text. If you promise to visit, please visit.

We are all busy, and life does not stop for those with cancer. If you tend to forget in your busy day, set a reminder on your phone, write it on a physical calendar or use a good old-fashioned sticky note.

When we face a crisis, it causes fear. A loved one in crisis needs a caring, familiar face for comfort and to encourage them day after day. You are not there to fix the problem, just to walk with them through their journey. Simply showing up for someone navigating a cancer diagnosis and treatment is the best response.

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About Florida Cancer Specialists & Research Institute, LLC (FLCancer.com)

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LIVING WITH ECZEMA:

NEW RESEARCH OFFERS HOPE THROUGH THE KGCD STUDY

Eczema, also known as atopic dermatitis, affects millions of people worldwide, causing red, itchy, and inflamed skin that can significantly impact daily life. When eczema appears on the hands and feet, the challenges become even more pronounced, as these areas are constantly exposed to environmental irritants and are essential for everyday activities.

Understanding Hand and Foot Eczema Hand and foot eczema presents unique difficulties compared to eczema on other parts of the body. The skin on these areas is frequently exposed to water, soaps, chemicals, and friction from clothing and footwear. This constant exposure can trigger flare-ups and make the condition particularly stubborn to treat. Common symptoms include dry, cracked skin, painful fissures, blisters, intense itching, and burning sensations that can interfere with work, sleep, and basic daily tasks.

The condition often follows a cyclical pattern of flare-ups and remission, making it unpredictable and frustrating for those who live with it. Many patients find that traditional treatments provide only temporary relief, leading to a constant search for more effective solutions.

The Impact on Quality of Life

Living with hand and foot eczema extends far beyond the physical discomfort. The visible nature of hand eczema can affect social interactions and professional relationships, as people may feel self-conscious about shaking hands or having others notice their condition. For those with foot eczema, choosing appropriate footwear becomes a daily challenge, and activities like swimming or going barefoot may become sources of anxiety.

The persistent itching and pain can disrupt sleep patterns, leading to fatigue and decreased productivity. Many individuals find themselves avoiding certain activities, careers, or social situations due to their condition, which can contribute to feelings of isolation and depression.

Current Treatment Landscape

Traditional eczema treatments typically include topical corticosteroids, moisturizers, antihistamines, and lifestyle modifications. While these approaches can provide relief for some patients, they don't work for everyone, and long-term use of certain medications may come with unwanted side effects. This has created a significant need for new treatment options.



The KGCD Study: A New Avenue for Research

Recognizing the urgent need for more treatment options, Renstar Medical Research is conducting an eczema study, specifically designed for individuals living with eczema on their hands and/or feet. This clinical research study represents an important opportunity for participants to access potentially groundbreaking treatments while contributing to the advancement of eczema care.

Clinical studies like these are essential for developing new therapies that could transform the lives of people with eczema. By participating in research, volunteers not only gain access to investigational treatments but also play a crucial role in bringing new hope to the broader eczema community.

Taking the Next Step

If you're living with hand or foot eczema and are interested in exploring new treatment possibilities, the eczema study through Renstar Medical Research may offer the opportunity you've been seeking. Participation in clinical research can provide access to investigational therapies that aren't yet available to the general public, along with no cost comprehensive medical monitoring throughout the study period.

Living with eczema doesn't have to mean accepting a lifetime of discomfort and limitations. Through continued research and clinical studies, there's hope for more treatments that may help people reclaim their quality of life and manage their condition.

About Renstar Medical Research

Founded in 1998, Renstar Medical Research has been at the forefront of clinical research, dedicated to advancing medical breakthroughs through high-quality, multispecialty clinical trials. With over two decades of experience, we have conducted studies across a wide range of therapeutic areas, including obesity, chronic obstructive pulmonary disease (COPD), Alzheimer's disease, Parkinson's disease, psoriasis, and other conditions.

Through innovation, expertise, and a patient-centered approach, we strive to make a meaningful impact on global healthcare. At Renstar Medical Research, we are seeking tomorrow's answers to the health questions of today.

For more information about an eczema clinical trial and to determine if you qualify, contact Renstar Medical Research today.



YOU MAY BE ELIGIBLE IF:

- Aged 12 years or older
- Have hand and/or foot eczema for more than 1 year
- With general atopic dermatitis (eczema), and
- With atopic hand or foot dermatitis for more than 1 year.



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Breaking Through the Pain:

INNOVATIVE SHOCKWAVE THERAPY TRANSFORMS ARTHRITIS TREATMENT

By Gene Turner, MD, FAARFM

Mid-Florida Age Management are highlighting breakthrough treatments that are changing lives for the millions of Americans living with this challenging condition. Among these innovations, Omniwave shockwave therapy is emerging as a game-changer for patients seeking relief from arthritis pain and improved mobility without invasive procedures.

Understanding the Arthritis Epidemic

Arthritis remains America's leading cause of disability, affecting approximately 58.5 million adults nationwide. This family of more than 100 related conditions causes joint inflammation, pain, stiffness, and decreased range of motion that can significantly impact quality of life. While medications and surgery have long been standard treatments, many patients are now turning to advanced non-invasive alternatives like shockwave therapy.

Shockwave Therapy: A Non-Invasive Revolution

The Omniwave shockwave therapy device represents the cutting edge of musculoskeletal treatment technology. This sophisticated system delivers precisely calibrated acoustic waves that penetrate deep into affected tissues, stimulating the body's natural healing processes without the risks associated with surgery or the side effects of long-term medication use.

"What makes Omniwave particularly effective is its versatility across different joint applications," I explain to my patients. "At Mid-Florida Age Management, we're seeing remarkable improvements, particularly in hand, shoulder, and knee treatments, where precision targeting is crucial. Our patients have responded exceptionally well to this innovative approach."

Targeted Treatment for Multiple Joint Conditions

The Omniwave system has demonstrated particular success in treating arthritis in small joints of the hands, where traditional therapies often fall short. The device's precision allows practitioners to direct healing energy to the exact location of inflammation, even in these smaller anatomical structures.

For shoulder arthritis—often one of the most mobility-limiting forms of the condition—patients report significant pain reduction and improved range of motion after a series of Omniwave treatments. The therapy's ability to reduce inflammation while simultaneously promoting tissue regeneration makes it uniquely suited for complex shoulder joint issues.

Knee arthritis patients, who often face limited options between pain management and eventual joint replacement, have found Omniwave treatments provide a middle path—reducing pain and improving function without surgical intervention.

Beyond these primary applications, clinical results show promising outcomes for hip arthritis and other joints affected by degenerative conditions or inflammation.

Patient-Centered Benefits

What sets Omniwave apart is not just its clinical effectiveness but its patient-friendly profile:

- Treatments typically take just 15-20 minutes
- No anesthesia required
- No incisions or scarring
- Minimal to no recovery time
- Cumulative benefits with successive treatments
- Compatible with other therapy modalities

Most patients report feeling only mild discomfort during treatment sessions, describing the sensation as a series of light tapping pulses as the acoustic waves work their healing magic.

A Timely Focus During Arthritis Awareness Month

As healthcare providers prepare educational initiatives for Arthritis Awareness Month, many are featuring shockwave therapy as an example of how technology is expanding options for arthritis sufferers. The Omniwave system exemplifies the trend toward treatments that work with the body's natural healing capabilities rather than simply masking symptoms.

For millions living with arthritis pain, awareness of these advanced treatment options offers new hope. As one of my Omniwave patients at our Ocala clinic expressed, "After years of limiting my activities because of knee pain, I've returned to gardening, walking with friends, and playing with my grandchildren. The relief I've experienced feels nothing short of miraculous."

The success stories from Omniwave therapy recipients at Mid-Florida Age Management remind us that while arthritis remains a serious health challenge, innovative approaches continue to improve outcomes and quality of life for those affected by this pervasive condition. If you're in the Ocala area and struggling with arthritis pain, I invite you to learn more about how our Omniwave shockwave therapy might help restore your comfort and mobility.

About the Author

"Gene" Turner, MD is a board-certified physician, advanced fellowship-trained in Regenerative and Functional Medicine and a diplomate of the American Academy of Anti-Aging Medicine, with over 25 years of clinical experience. Dr. Turner graduated from the University of Arizona College of Medicine and received residency training at Vanderbilt University. He is the medical director of Mid-Florida Age Management.

Your wellness doctor in Ocala is Board Certified by the American Board of Anti-Aging and Regenerative Medicine and is fellowship trained in Metabolic and Nutritional Medicine. He has also received certification as Therapeutic Lifestyle Practitioner through Metagenics FirstLine Lifestyle Medicine Program. The CDC and NIH recommend Lifestyle Treatment Programs for such lifestyle conditions such as hypertension, hyperlipidemia, poor glucose control and overweight. Such programs require time and expertise to develop and implement: our programs include addressing diet, exercise, stress management, sleep issues, nutritional supplementation where indicated and correction of metabolic deficits when detected. Evidence-based programs are used to assess, interpret, and recommend proven integrative protocols which dramatically increase patient adherence and engagement level. The effect is a symbiotic relationship between practitioner and patient, resulting in patient centered care and higher levels of wellness.

Dr. Turner uses conventional, nutritional, complementary and alternative modalities. He specializes in hypertension, lipid disorders, prevention of cardiovascular disease, nutritional and weight management, and clinical age management. He has a special interest in anti-aging medicine for which he uses a combination of natural and prescriptive therapies.

Schedule your personal treatment plan today!



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PROTECTING YOUR SKIN UNDER THE FLORIDA SUN: A UV SAFETY MONTH GUIDE

By Jessica Howington, APRN

Living in the Sunshine State means year-round exposure to some of the most intense ultra-violet radiation in the United States. As we observe UV Safety Month, Florida residents face unique challenges that require vigilant sun protection strategies to maintain healthy skin and prevent long-term damage.

Florida's proximity to the equator, combined with its subtropical climate, creates ideal conditions for harmful UV exposure. The state consistently ranks among the highest in the nation for skin cancer rates, with melanoma cases occurring at nearly twice the national average. This sobering reality underscores the critical importance of daily sun protection for everyone living in or visiting Florida.

The Florida sun poses dangers beyond the obvious beach days and poolside lounging. UV rays remain strong even on cloudy days, with up to 80% of radiation penetrating cloud cover. The state's reflective surfaces – from white sand beaches to concrete sidewalks and building facades – can bounce UV rays back onto your skin, creating double exposure that many residents don't anticipate.

Water activities, which are central to Florida's lifestyle, present additional risks. Water reflects UV rays, intensifying exposure while the cooling effect of water and ocean breezes can mask the sun's burning power. This combination often leads to severe sunburns before people realize they're over-exposed.

Effective sun protection in Florida requires a comprehensive approach. Broad-spectrum sunscreen with at least SPF 30 should be applied generously and reapplied every two hours, or more frequently when swimming or sweating. Many dermatologists recommend SPF 50 or higher for Florida's intense conditions.

Protective clothing plays a crucial role in UV defense. Lightweight, long-sleeved shirts and pants made from UV-protective fabrics offer excellent coverage without causing overheating. Wide-brimmed hats protect the face, neck, and ears – areas frequently affected by skin cancer. Quality sunglasses with 100% UV protection safeguard the delicate skin around your eyes and prevent cataracts.



Timing outdoor activities strategically can significantly reduce UV exposure. The sun's rays are strongest between 10 AM and 4 PM, making early morning and late afternoon ideal for outdoor recreation. Seeking shade whenever possible, whether under umbrellas, trees, or covered pavilions, provides additional protection.

Florida's outdoor lifestyle doesn't have to come at the expense of skin health. Many parks and recreational areas now feature shade structures, and UV-blocking window films for homes and cars are becoming increasingly popular. These environmental modifications help create safer spaces for daily activities.

Regular skin examinations are essential for Florida residents. Monthly self-checks for new or changing moles, combined with annual dermatologist visits, enable early detection of skin cancer when treatment is most effective. Many dermatology practices in Florida offer specialized screenings and educational programs during UV Safety Month.

The key to enjoying Florida's beautiful weather safely lies in making sun protection a daily habit, not just a beach day consideration. By incorporating these practices into your routine, you can continue to embrace the outdoor lifestyle that makes Florida special while protecting your skin for years to come. Remember, there's no such thing as a safe tan – only protected skin that will thank you in the future.

Ocala Health & Wellness

At Ocala Health & Wellness, we envision a vibrant community where holistic health and well-being thrive. We strive to empower individuals on their journey to optimal wellness through personalized care, education, and support. Our commitment is to create a nurturing environment that fosters physical, mental, and emotional balance, inspiring each person to embrace a healthier, happier life. Together, we cultivate a culture of wellness that transforms lives and uplifts our community.

About the Author

Driven by a passion for wellness, Jessica is a versatile nurse practitioner who has honed her skills across a range of dynamic healthcare settings. After earning her Master's in Nursing from Emory University, she has gone on to make her mark in the emergency room, psychiatry, hospice, palliative care, and functional medicine, dedicated to empowering each of her patients to achieve their optimal health.

When she's not in the clinic, Jessica channels her competitive spirit into the equestrian sport of dressage, recently being short-listed for the Tokyo Olympics with her horse, Cavalia. As an accomplished competitor, she also manages her family's top-tier training, boarding, sales, and lesson facility in Ocala, where she shares her love for all animals, including her own sweet dogs.

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How Summer Heat Can Worsen Your Neck and Back Pain

By Ali Zarezadeh, MD

Summer brings sunshine, outdoor activities and unfortunately for many, an increase in neck and back pain. While most people associate seasonal pain with winter's cold and dampness, the reality is that hot weather can significantly impact spinal health in ways that often go unrecognized. Understanding these connections can help you take proactive steps to protect your spine during the warmer months.

The Science Behind Heat and Pain

Heat affects the human body in complex ways that directly influence musculoskeletal health. When temperatures rise, your body works harder to maintain its core temperature through increased blood flow to the skin and heightened perspiration. This process can lead to dehydration, which reduces the water content in your spinal discs. These intervertebral discs rely on adequate hydration to maintain their shock-absorbing properties and structural integrity. When dehydrated, discs become less flexible and more prone to injury, potentially triggering or worsening existing back pain.

Additionally, hot weather often disrupts sleep patterns. Poor sleep quality affects your body's natural healing processes and increases inflammation, both of which can intensify neck and back pain. The combination of restless nights and physical stress from heat creates a cycle that can perpetuate discomfort.

Activity Changes and Their Impact

Summer weather typically encourages increased physical activity, from swimming and hiking to gardening and sports. While exercise is generally beneficial for spine health, sudden increases in activity levels without proper conditioning can strain muscles and joints. Many people transition from sedentary winter routines to intensive summer activities too quickly, overwhelming their musculoskeletal system.

Prolonged sun exposure during outdoor activities can also cause muscle fatigue and weakness. When your core and supporting muscles become fatigued, they cannot adequately support your spine, leading to compensatory movements that stress the neck and back. This is particularly problematic during activities that require repetitive motions or sustained postures, such as gardening or playing recreational sports.

Posture and Lifestyle Factors

Hot weather influences daily habits in ways that can negatively affect spinal alignment. Air conditioning use often creates temperature disparities between indoor and outdoor environments, causing muscles to tense and relax repeatedly throughout the day. This constant adjustment can create muscle imbalances and trigger pain.

Summer clothing choices, while necessary for comfort, can sometimes contribute to posture problems. Flip-flops and sandals, popular warm-weather footwear, provide minimal arch support and can alter your gait, creating a chain reaction of compensation that affects your entire kinetic chain, including your spine.

Hydration and Inflammation

Proper hydration becomes even more critical during hot weather. Dehydration affects not only disc health but also joint lubrication and muscle function. When your body lacks adequate fluids, inflammatory processes can become more pronounced, potentially increasing pain sensitivity and prolonging recovery from minor injuries.

Electrolyte imbalances from excessive sweating can also contribute to muscle cramps and tension, particularly in the neck and upper back regions. These imbalances affect nerve function and muscle contraction, creating conditions that favor pain development.

Prevention Strategies

Maintaining spine health during summer requires a multifaceted approach. Stay consistently hydrated by drinking water throughout the day, not just when you feel thirsty. Gradually increase your activity levels rather than jumping into intensive summer sports or yard work.

Pay attention to your posture during both indoor and outdoor activities. Take frequent breaks from prolonged positions, whether you are sitting in air conditioning or working outside. When exercising outdoors, choose cooler parts of the day and listen to your body's signals.

Consider your footwear choices and opt for supportive shoes when possible, even during casual summer activities. Create a comfortable sleep environment that promotes quality rest, as adequate sleep is crucial for spine health and pain management.

The relationship between summer heat and spinal pain is complex but manageable with awareness and proper precautions. By understanding how environmental factors affect your body and taking proactive steps to address them, you can enjoy summer activities while protecting your neck and back health.



About Dr. Ali Zarezadeh

Dr. Ali Zarezadeh is a highly skilled spine surgeon with extensive expertise in treating both common and complex spine conditions. Specializing in chronic and degenerative spine disorders, spinal deformities, trauma, fractures and spinal tumors, he offers comprehensive care for a wide range of issues. Expertly trained and focused on delivering advanced, motion-preserving treatments, Dr. Zarezadeh is dedicated to restoring function and improving his patients' quality of life, providing personalized care to meet their unique needs.

When he is not caring for patients, Dr. Zarezadeh enjoys spending time outdoors, often hiking with his family. He is also an avid sports fan, attending football games and playing tennis.

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THE CONNECTION BETWEEN VARICOSE VEINS AND WATER RETENTION

Varicose veins and water retention are two conditions that often go together. Understanding their link is crucial, as addressing one can impact the other. The vein specialists at Central Florida Vein & Vascular Center in Orlando are here to explain how these conditions are intertwined and what you can do to manage them.

WHAT IS WATER RETENTION?

Water retention, or edema, occurs when excess fluid builds up in the body's tissues. The body, composed of about 70% water, maintains fluid balance through the circulatory, lymphatic, and renal systems. When these systems fail to function properly, fluid accumulates, leading to swelling, particularly in the lower legs, ankles, and feet. Persistent swelling may indicate a more serious underlying condition.

THE LINK BETWEEN WATER RETENTION AND VARICOSE VEINS

Varicose veins develop when vein valves in the lower legs weaken or become damaged, impeding blood flow back to the heart. This causes blood to pool in the veins, leading to varicose veins. This impaired circulation can also contribute to water retention. Conversely, existing water retention can increase pressure on the veins, potentially damaging vein valves and leading to varicose veins.

When these conditions coexist, they can cause significant discomfort, including swelling in the ankles and feet that worsens throughout the day, heavy or painful legs, and an increased risk of ulcers or skin discoloration due to high pressure in the lower legs.

MANAGING WATER RETENTION AND VARICOSE VEINS

Symptomatic Relief

To alleviate day-to-day swelling caused by water retention and varicose veins:

- **Elevate Your Legs:** Raising your legs, especially at the end of the day, helps reduce pressure and improve blood circulation.
- **Compression Stockings:** These garments gently guide blood upwards through the legs. It's advisable to consult a specialist to ensure you choose the right fit and type.



Long-Term Solutions

While elevation and compression stockings provide temporary relief, they don't address the underlying issues. A specialist can determine if your water retention is related to varicose veins and develop a treatment plan. This plan might include:

- **Lifestyle Changes:** Modifications such as increased physical activity, weight management, and dietary adjustments can improve overall vein health.
- **Minimally Invasive Treatments:** Endovenous Laser Treatment (EVLT) can effectively treat varicose veins. EVLT uses laser energy to seal off affected veins, redirecting blood flow to healthier veins.
- **Lifestyle Changes:** Drink plenty of water to stimulate the kidneys, flush out the body, and decrease fluid retention.
- **Swimming Pool Therapy:** Helps with fluid retention in the legs. Walk in the shallow end of the swimming pool or perform heel raises on the side of the pool will mobilize fluid that is pooling in the legs.

Varicose veins and water retention are often interconnected conditions that can significantly impact your quality of life. Understanding their relationship and seeking appropriate treatment is essential. Central Florida Vein & Vascular Center specialists are dedicated to providing personalized care to help you manage these conditions

effectively. If you're experiencing persistent swelling or other symptoms, don't hesitate to schedule a consultation to explore your treatment options.

For more information or to book an appointment, contact Central Florida Vein & Vascular Center today. Your journey to healthier veins and improved well-being starts here.

GET SUPPORT FOR YOUR VEINS AND CIRCULATION PROBLEMS TODAY.

You may need medical treatment for your veins, and the Central Florida Vein and Vascular Center wants to help. Contact us today to learn more about our services and how we can help you live better. Our board-certified Vascular Surgeons and Phlebologists specialize in minimally invasive vein therapy.

For more information regarding the prevention of varicose veins, please see our blog at: <https://cfvein.com/blog/water-retention/>

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DISPELLING HOSPICE CARE MYTHS

Submitted by Hospice of Marion County

Unfortunately, there are misguided notions about what hospice is and many myths continue to surface. Here we seek to help you better understand hospice care and dispel some of the common myths so that you and your loved ones can make better informed decisions about end-of-life care.

WHAT IS HOSPICE CARE?

Hospice care is a philosophy of comprehensive compassionate care for those in the final stages of life. It includes an integrated team of physicians, nurses, nursing assistants, social workers, grief care and spiritual care professionals, along with volunteers helping to support patients and their families.

Once a person is admitted onto hospice care, the focus will be on comfort, dignity and emotional support, treating the family as the unit of care. Quality of life for the patient is the highest priority. No one walks this journey alone. Our Monarch Center for Hope and Healing is there for the patient and family before, during and after the loss of a loved one, providing grief counseling to children, teens and adults, to individuals and groups.

COMMON MYTHS ABOUT HOSPICE

Myth: Hospice is for people who only have a few days left to live.

FACT: Hospice care is available with a diagnosis of six months or less. All Medicare recipients are entitled to 180 days of hospice care, which is 100% covered. Most families wished their loved one had received hospice care much earlier in their illness giving patients time with family, friends, pets and support from the hospice interdisciplinary team.

Myth: Hospice care isn't the same level of care as the hospital.

FACT: Hospice of Marion County provides the same quality care as the patient would get in a hospital, sometimes better due to understanding the special needs of hospice patients. A comprehensive hospice model, Hospice of Marion County has earned Deemed Status accreditation from the Joint Commission, the national gold standard for quality healthcare, the same governing body that gives accreditation to hospitals.



Myth: Hospice care is only available in a hospice house.

FACT: Hospice care is available wherever the patient calls home. At Hospice of Marion County, approximately 86% of our patients receive care in their home. Patients may receive services in their own home, assisted living facility, nursing home or in one of our three hospice houses.

Myth: Only a doctor can refer someone to hospice care.

FACT: Anyone can make a referral for hospice care. It could be a friend, a neighbor, a caregiver or a concerned relative that calls Hospice of Marion County to make a referral. Hospice will make a call to the patient's physician to assist in obtaining a formal referral, which is required for admission onto our service. A social worker schedules a visit, medical equipment and prescriptions are delivered directly to wherever the patient calls home.

Myth: You can't keep your own doctor if you enter hospice care.

FACT: Hospice care encourages engagement with your family doctor or specialist. Together they develop a care plan for the patient's situation.

Myth: Hospice is only for cancer patients.

FACT: The majority of hospice patients, about 70%, are admitted to hospice with non-cancer diagnoses.

Some of the most common non-cancer diagnoses are heart disease, dementia, lung disease, kidney disease, and liver disease.

Myth: Hospice care is more expensive.

FACT: Hospice care is frequently less expensive than conventional care during the last six months of life. Hospice care is covered by Medicare, Medicaid and most insurance companies. As a not-for-profit hospice, we never exclude service to anyone who is eligible, regardless of ability to pay. With the help of our hospice thrift stores and the generosity of donors, Hospice of Marion County has contributed more than \$2.3 million to charitable care over the past five years.

Myth: Hospice requires a DNR (Do Not Resuscitate) Order.

FACT: The purpose and benefit of hospice care is to allow for a peaceful death in a comfortable and familiar setting like home with loved ones near. While many people who choose hospice care wish to have a DNR to avoid unnecessary medical intervention and hospitalization, a DNR is not required to receive hospice care.

Myth: Hospice is only for the elderly.

FACT: Hospice care is available to anyone who meets the eligibility requirements. Hospice care is for children, teens and adults with any terminal illness.

Although end-of-life care may be difficult to discuss, it is best for family members to share their wishes long before it becomes a crisis. This can greatly reduce the patient's and the family's stress when the time for hospice care is needed. Visit HospiceofMarion.org or call (352) 873-7415 to make a referral.

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Visit HospiceofMarion.org for more info.

BREAKTHROUGH IN NEUROPATHY TREATMENT:

HOW SUMMUS LASER THERAPY OFFERS HOPE FOR NERVE PAIN SUFFERERS

Neuropathy is a debilitating condition that affects millions of people worldwide, causing chronic pain, numbness, and significant disruption to daily life. Traditional treatments have often fallen short of providing comprehensive relief, leaving patients searching for innovative solutions. Enter the Summus Laser, a cutting-edge therapeutic approach that is revolutionizing neuropathy treatment and offering new hope to those struggling with nerve-related pain.

Understanding Neuropathy: A Complex Challenge

Neuropathy is a condition characterized by damage or dysfunction of peripheral nerves, typically causing symptoms like burning pain, tingling sensations, muscle weakness, and sensitivity to touch. Common causes include diabetes, chemotherapy, autoimmune disorders, and physical injuries. The complex nature of nerve damage has historically made treatment challenging, with many patients experiencing limited success from conventional medical interventions.

The Summus Laser: A Technological Marvel in Pain Management

The Summus Laser represents a significant advancement in medical technology, utilizing high-powered laser therapy to address nerve pain at its source. Unlike traditional treatments that merely mask symptoms, this innovative approach focuses on cellular regeneration and healing. The laser delivers concentrated light energy deep into affected tissues, stimulating natural healing processes and promoting nerve repair.

Key Mechanisms of Summus Laser Therapy

1. Cellular Stimulation: The laser's precise wavelengths penetrate damaged nerve tissues, encouraging mitochondrial activity and accelerating cellular metabolism. This process helps restore normal cellular function and reduces inflammation.

2. Improved Circulation: By enhancing blood flow to damaged nerve areas, the Summus Laser helps deliver essential nutrients and oxygen, supporting the body's natural healing mechanisms.

3. Pain Reduction: The therapy triggers the release of endorphins and reduces pain-causing inflammatory markers, providing immediate and long-term relief for patients.

Clinical Evidence and Patient Outcomes

Numerous clinical studies have demonstrated the effectiveness of Summus Laser therapy in treating neuropathy. Patients report significant improvements



in pain levels, sensation restoration, and overall quality of life. Many individuals who previously struggled with chronic nerve pain have experienced remarkable recoveries, regaining mobility and reducing their dependence on pain medications.

Treatment Process and Expectations

A typical Summus Laser treatment protocol involves:

- Comprehensive initial assessment
- Customized treatment plan
- Multiple targeted laser sessions
- Gradual progression of healing and pain reduction

Most patients experience noticeable improvements within 4-6 treatment sessions, with continued benefits developing over subsequent weeks and months.

Advantages Over Traditional Neuropathy Treatments

The Summus Laser offers several distinct advantages:

- Non-invasive approach
- No significant side effects
- No pharmaceutical dependencies
- Targets root causes of nerve damage
- Supports long-term healing
- Relatively quick treatment sessions

Who Can Benefit?

Summus Laser therapy is particularly beneficial for patients with:

- Diabetic neuropathy
- Chemotherapy-induced nerve damage
- Peripheral nerve injuries
- Chronic pain conditions
- Reduced sensation in extremities

Future of Neuropathy Treatment

As medical technology continues to advance, the Summus Laser represents a promising frontier in nerve pain management. Its ability to stimulate natural healing processes offers hope to countless individuals who have struggled with traditional treatment methods.

Conclusion

For those battling neuropathy, the Summus Laser provides a beacon of hope. By combining advanced technological innovation with a deep understanding of cellular healing, this treatment approach is transforming how we conceptualize and address nerve pain.

Patients interested in exploring this revolutionary treatment should consult with qualified healthcare professionals specializing in laser therapy and neuropathic conditions to determine their individual suitability and potential treatment outcomes.

LaserLab provides safe, effective, non-surgical pain relief and regenerative healthcare services. Our Pain Therapy Specialists use state-of-the-art Class IV Therapeutic Lasers to treat patients suffering from long-term pain. Our advanced laser technology reduces pain and inflammation, enhances healing, and increases circulation with no surgery, drugs, or side effects.

LaserLab believes there's a better way to manage pain. We've pioneered a paradigm-changing health and wellness program that helps to revitalize the lives of people suffering from pain.



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Beat the Heat:

Essential UV Protection and Hydration Tips from UF Health Emergency Care

As temperatures soar and outdoor activities beckon, understanding the critical relationship between UV exposure and proper hydration becomes essential for maintaining your health and safety. UF Health's emergency care teams see a significant uptick in heat-related illnesses and severe sunburns during warmer months, making awareness and prevention more important than ever.

The Hidden Dangers of UV Exposure

Ultraviolet radiation affects your body in ways that extend far beyond visible sunburn. While your skin works to protect itself from UV damage, this process generates heat and increases your body's temperature. Simultaneously, UV exposure triggers inflammatory responses that can accelerate fluid loss through your skin. This dual effect creates a perfect storm for dehydration, especially during prolonged outdoor activities.

At UF Health, we regularly treat patients who underestimate how quickly dehydration can occur when combined with sun exposure. The body's cooling mechanisms become overwhelmed, leading to heat exhaustion or potentially life-threatening heat stroke.

Recognizing the Warning Signs

Heat-related emergencies often develop gradually, making early recognition crucial. Watch for symptoms including excessive thirst, dizziness, fatigue, headache, nausea, and decreased urination. More severe signs requiring immediate emergency care include confusion, rapid heartbeat, high body temperature and cessation of sweating despite continued heat exposure.

Sunburn symptoms can appear hours after exposure and may include red, painful skin, swelling, blistering, fever and chills. Severe sunburns covering large body areas or accompanied by systemic symptoms warrant emergency medical attention.

Smart Prevention Strategies

Effective protection requires a multi-layered approach combining sun safety with proactive hydration. Begin hydrating well before heading outdoors, drinking water consistently throughout the day rather than waiting until you feel thirsty. The sensation of thirst indicates that dehydration has already begun.



Choose broad-spectrum sunscreen with SPF 30 or higher, applying it generously 30 minutes before sun exposure and reapplying every two hours or after swimming or sweating. Don't forget often-missed areas like ears, feet, and the back of your neck.

Timing matters significantly. UV rays are strongest between 10 AM and 4 PM, so plan intensive outdoor activities for early morning or late afternoon when possible. When midday exposure is unavoidable, seek shade frequently and take regular breaks indoors or under cover.

Clothing and Equipment Choices

Your wardrobe can serve as your first line of defense. Lightweight, long-sleeved shirts and pants made from tightly woven fabrics provide excellent protection while allowing air circulation. Dark colors absorb more heat but also block more UV radiation, while light colors reflect heat but may allow more UV penetration. Wide-brimmed hats protect your face, neck and ears, while UV-blocking sunglasses safeguard your eyes and the delicate surrounding skin.

Hydration Best Practices

Water remains the gold standard for hydration, but electrolyte replacement becomes important during extended outdoor activities or heavy sweating. Sports drinks can be beneficial, but be mindful of added sugars. Natural alternatives like coconut water provide electrolytes without excessive additives.

Avoid alcohol and excessive caffeine, as both can contribute to dehydration. Monitor your urine color as a hydration indicator – pale yellow suggests adequate hydration, while dark yellow indicates the need for more fluids.

When to Seek Emergency Care

Don't hesitate to seek immediate medical attention if you or someone else experiences severe symptoms. Heat stroke is a medical emergency requiring rapid intervention. Signs include body temperature above 103°F, altered mental state, hot and dry skin, rapid pulse and potential loss of consciousness.

UF Health's emergency departments are equipped to handle heat-related emergencies with rapid cooling techniques, IV fluid replacement and comprehensive monitoring. However, prevention remains far superior to treatment.

By combining smart sun protection with consistent hydration practices, you can safely enjoy outdoor activities while protecting your long-term health. Remember, emergency care is always available when prevention isn't enough, but taking proactive steps today can help ensure you never need it.

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BREAKING THE CYCLE: HOW CHILDHOOD OBESITY FUELS THE DIABETES EPIDEMIC

Childhood obesity has reached alarming proportions across the United States, with nearly one in five children now classified as obese. This crisis extends far beyond appearance or self-esteem concerns—it represents a fundamental threat to our children's long-term health, particularly their risk of developing type 2 diabetes. At Elite Medical, we recognize that addressing this epidemic requires urgent action from families, healthcare providers, and communities working together.

The Diabetes Connection

The relationship between childhood obesity and diabetes is both clear and concerning. Excess weight, particularly around the abdomen, creates insulin resistance, forcing the pancreas to work harder to regulate blood sugar levels. Over time, this system becomes overwhelmed, leading to the development of type 2 diabetes—a condition once considered exclusively an adult disease.

Recent data reveals that children with obesity are four times more likely to develop type 2 diabetes than their peers with healthy weights. Even more troubling, the age of diabetes onset continues to drop, with some children receiving diagnoses as young as eight years old. This early onset means these children face decades of managing a chronic condition that can lead to serious complications including heart disease, kidney problems, and vision loss.

The Power of Nutrition

Establishing healthy eating habits during childhood creates the foundation for lifelong wellness. The modern food environment, saturated with processed foods high in sugar, sodium, and unhealthy fats, makes this challenge particularly complex. Children today consume significantly more calories from sugary beverages, fast food, and packaged snacks than previous generations.

Effective dietary interventions focus on whole foods rather than restrictive dieting. Families should emphasize fruits, vegetables, lean proteins, and whole grains while limiting processed foods and sugary drinks. Teaching children to recognize hunger and fullness cues helps develop healthy relationships with food that extend into adulthood. Regular family meals provide opportunities to model healthy choices and create positive associations with nutritious foods.



Exercise as Medicine

Physical activity serves as a powerful intervention for both obesity prevention and diabetes risk reduction. Regular exercise improves insulin sensitivity, helps maintain healthy weight, and provides immediate benefits for mood and energy levels. The American Academy of Pediatrics recommends children engage in at least 60 minutes of moderate to vigorous activity daily.

Unfortunately, modern childhood increasingly revolves around sedentary activities. Screen time has skyrocketed while opportunities for active play have diminished. Schools have reduced physical education programs, and many neighborhoods lack safe spaces for outdoor activities. Creating active environments requires intentional effort from parents, schools, and communities.

A Comprehensive Approach

Successfully addressing childhood obesity and diabetes prevention requires comprehensive strategies that extend beyond individual behavior changes. Healthcare providers must screen regularly for obesity-related complications and provide families with practical guidance. Schools can improve nutrition programs and restore physical education priorities. Communities can create safe spaces for active play and increase access to healthy, affordable foods.

The stakes could not be higher. Today's children face the possibility of shorter lifespans than their parents due to obesity-related health complications. However, with coordinated efforts focusing on nutrition education, increased physical activity, and supportive environments, we can reverse these trends and ensure healthier futures for our children.

Elite Medical is committed to supporting families in creating healthier lifestyles through comprehensive pediatric care and evidence-based interventions.

MEET THE TEAM

Elite Medical is comprised of a team who is dedicated to helping you on your journey to better health.



Christopher Bagley, APRN

Chris is a lifelong Marion County resident who grew up in the northern part of the county. He attended North Marion High School, College of Central Florida and the University of Florida. After graduating college, Chris became a firefighter/paramedic and attained the rank of Lieutenant before retiring.

Chris became a registered nurse and worked at Advent Health Ocala and HCA Ocala Regional. Chris has always had a passion for health and after committing himself to his health, he was inspired along with Eldon, to open Elite Medical, a comprehensive wellness practice that focuses on health and well-being to prevent sickness and chronic diseases.



Eldon Waters, MSN, APRN

Eldon is a Marine Corps veteran and attended the College of Central Florida, University of Virginia and completed a Bachelors of Science in Nursing from University of Central Florida. Eldon also completed his Masters of Science in Nursing from South University.

Eldon started as an EMT/Medic at the University of Virginia Medical Center, a level 1 trauma center and teaching facility. He went on to work at Advent Health Ocala as a tech then registered nurse. After gaining more experience, Eldon worked at Ocala Health in the ER as a Nurse Practitioner.

To find out more or to schedule your appointment, please contact Elite Medical today.



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Instability, especially in the core and spine, along with hip and ankle limitations can also be impeding upon your ability to drive the ball like you used to. With the right method of physical therapy exercises and stretching, you can regain control of your active lifestyle within a short period of time.

Innovative Therapies Group works with you to customize your specific plan depending on your injuries, health, goals and needs. These plans include increasing mobility, stability, strength, and endurance. The area's most commonly needing physical therapy are hips, spine, posture, and lower extremities.

Return to Golf Program

If you are having pain, limited range of motion, stiffness or unable to swing your golf club like you once were, Innovative Therapies Group has a **Return to Golf Program** to get you back in the game you love.



The **Return to Golf Program** are customized, individual-specific programs, which are determined in order to promote improved swing mechanics, balance, flexibility, and muscular strength and balance. These techniques are used to enhance function and maximize your golf swing and dynamic stability.

Masking your pain with pain medications is not the answer. Getting to the root cause of your condition is the key to healing your body and living the life you deserve.

For numerous individuals Physical therapy is the leading way to relieve pain and discomfort at its core. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

Common Conditions That Improve Significantly With Physical Therapy

- Assessment and Evaluation Programs
- Difficulty Walking
- Fall Prevention and Balance Retraining
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with at-home exercise guidelines and self-help management to promote and maintain independent function and increase mobility, Innovative Therapies Group has got you covered.

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical and occupational therapy.

To find out more about Innovative Therapies Group **Return To Golf Program** or to schedule your appointment, please contact them today.

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Mindfulness in Pilates and Alzheimer's

Applying Pilates fundamentals to strengthen the mind-body connection

The Weight of Alzheimer's Disease

The human brain is fascinating. So when the brain begins to decline in function it's a big deal on the body's ecosystem. Alzheimer disease is an incurable brain disorder causing the brain to shrink and brain cells to die. Furthermore, Alzheimer is the number one risk factor to develop dementia. The impact of Alzheimer's disease damages memory, takes a toll on independence and can weigh heavy on the whole family.

"It is a common misconception that we have minimal control over our risk of developing Alzheimer's disease. However, nearly half of the Alzheimer's cases could have been prevented or delayed by modifiable factors, including lifestyle changes," says Sarita Khemani, MD, Clinical Associate Professor of Medicine and Neurosurgery Hospitalist at Stanford University. "Therefore, we should do everything in our power to incorporate healthy lifestyle habits as early as possible."

Exercise Mind and Body

Exercise is showing great results in cognitive studies. The Alzheimer's Society analyzed 16 studies between exercise and dementia to conclude regular exercise lowers the risk of developing dementia by 28% and Alzheimer's disease by 45% (Stanford Lifestyle Medicine, 2024). Regular exercise can also slow the progression of Alzheimer's disease.

"Brain changes associated with Alzheimer's begin approximately 20 years before symptoms appear," says Dr. Khemani. "Exercise stands out as one of the most effective strategies for prevention, offering a low-cost, non-pharmacological, and low-risk option accessible to everyone."

Of course not all exercise methods are equal. Various methods exist for various reasons. Exercise regimens that include mindfulness offer more than physical benefits. This is something Joseph Pilates figured out and started applying to patients during World War I.

Mindful Fundamentals of Contrology

Before it was known as the Pilates Method, Joseph Pilates called his method Contrology. Contrology is a dynamic balance of integrating body, mind and spirit in movement. Mindfulness is the awareness

of the present moment. Pilates encourages this practice by relating movement, breath and thoughts to each other so that the mind and body work together.

Some basic principles of Contrology/Pilates included breathing, concentration, control, centering, flow and precision.

Breathing

Drawing consciousness to the breath instantly trains mental focus. The Pilates breathing techniques are designed to train the mind and body connection. This allows focus inside the body rather than outside surroundings.

Concentration

Concentration is necessary for every breath and movement in Pilates. Practicing concentration provides the opportunity to learn deeper self-feedback. Learning self-feedback is a brilliant tool for the mind and body to grow a stronger connection.

Control

In Pilates, keeping mindfulness throughout each movement allows for optimal control while maintaining alignment. Alignment is a key focus in every movement allowing the nervous system to prioritize posture and reduce the risk of injury.

Centering

Another Joseph Pilates principle, "Centering," involves connecting the mind and body to the core, or powerhouse, of the body. The sequences and breathing patterns center the mind on intentional and precise movement. We learn to pause, observe and respond accordingly. This increased centering and mindfulness helps to calm the nervous system.

Flow

The controlled grace from one movement to the next allows for the mind and body to flow as one. As the mind and body flow together through movement they can safely play with range of motion and strength that challenge the nervous system. This flow builds the relationship the mind and body have.

Precision

Precision is essential in Pilates to ensure that each movement is performed with intention and alignment. It facilitates your mind and body to think about each movement. Yes, you have to think while



performing Pilates. By paying attention to the details and mindfully executing movements goals can be created and achieved.

Pilates for Cognitive Functioning

Contrology was about finding the dynamic balance of connecting the mind with the body. Eventually Contrology evolved to modern day Pilates.

"Pilates is the complete coordination of the body, mind and spirit" Joseph Pilates

The Pilates Method fuses physical activity with learning dynamic skills. These are two factors that train your brain and slow the rate of mental decline. According to Harvard Health, learning new skills like applying the fundamentals of Pilates improves cognitive functioning.

All of Joseph Pilates's principles involve mindfulness and co-exist to support the mind-body connection. Pilates not only exercises your body, but your brain too. Proper breathing, body alignment and precise movements are essentials of Pilates. By emphasizing concentration of breathing with movement, the exercise not only builds awareness of the body but also enhances mental clarity.

Pilates classes and training are more accessible than ever. For best cognitive results shoot for 3x a week. All that is left is remembering to start.



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Stress Management Tips from Quick Care Urgent Care

If you have bouts of anxiety, stress, fear and nervousness, you're not alone. Stress and anxiety are a normal part of life and usually short-lived, but for 40 million Americans, it's a daily battle. Whether it's anxiety due to biological, psychosocial, or post-traumatic stress disorder (PTSD), the treatment options usually include behavioral therapy, counseling, and various prescription medications that block or dull different areas of the brain.

The typical treatment options for anxiety, stress and depression are medications and counseling therapy. Some of the most common drug classes prescribed are selective serotonin reuptake inhibitors, serotonin-norepinephrine reuptake inhibitors, tricyclic antidepressants, and monoamine oxidase inhibitors. Widely known drugs, like Prozac, Zoloft, and Cymbalta affect how neurotransmitters affect the mood by lessening anxiety levels and creating a more serene outlook on life.

Medications are not always the best choice for all individuals and many people pair alternative methods with anti-anxiety drugs or alone to help stave off stressful episodes.

Take Time for Yourself

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself in the a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day.

Get Moving

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen

rich blood flow, and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

Meditation

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation also reduces stress, reduces anxiety, promotes emotional wellbeing, can help fight addictions, can generate health and improve immune function, it can stave off memory disorders and increase neuronal plasticity.

In order to overcome stress and pain, we need a well-rounded treatment protocol that incorporates, medication (if necessary), stress management, nutrition, exercise, meditation, hormone balancing and other therapies that can help to stabilize our systems.

Quick Care Urgent Care offers more than just urgent care services, and they are preparing to add much more to their already vast list of therapies and services for the Ocala community!

Quick Care Med Urgent Care

If your health needs are not emergent and in need of life-saving measures, the benefit of urgent care in comparison are numerous. To name a few, the wait time will be much shorter. For the most part, urgent care can see their patients within an hour. The cost is also much less with urgent care than it is with emergency room treatment. Quick Care Med urgent care provides you with the proper paperwork to follow up with your primary care physician or specialist, as urgent care takes initiatives to keep the line of communication open to make certain that your treatment is a top priority.

There are numerous reasons people go to urgent care, from sore throats, skin infections, school sports physicals, vaccinations, colds and flu, sprains, heat exhaustion, animal bites, dehydration, broken bones and much more. Before you go to the ER, consider if you could instead be treated at urgent care because of the numerous benefits to you and your loved ones.

Quick Care Med Walk-In Clinic & Urgent Care is a comprehensive urgent care clinic with multiple specialties to serve you. Quick Care Med has locations in Marion (Dunnellon and Ocala), Citrus (Crystal River, Inverness, Beverly Hills, and Homosassa), Levy (Williston), & Alachua (Newberry) counties, plus our newest location in Chiefland that provides immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

At Quick Care Med, they understand that illness and injuries can happen outside of the normal 9 to 5. That's why they provide Fast, Easy, and Affordable® urgent care with the convenience of extended hours, including weekends and holidays!

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www.quickcaremed.com

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(On Silver Springs Blvd. across from Publix)
8119 SW State Rd 200, Ocala, FL 3448
(Just past Walgreens)
6341 N US 441, Ocala, FL 34475
(Across from John Deer)
2205 N Young Blvd, Chiefland, FL 32626

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Failure is a Part of Growth

By Pastor Timothy L. Neptune

The Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.



Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit www.venturenaples.com.

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